

What effects BE?

- | | |
|-------------|-----------------|
| WATER RICH: | • HEIGHT |
| BLOOD | |
| URINE | • WEIGHT |
| MUSCLE | |
| | • GENDER |
| WATER POOR: | |
| BONE | • FITNESS LEVEL |
| FAT | |
| AIR | • AGE |

SKINFOLD TESTS

- measures sub-cutaneous fat...(HYPODERMIS), by utilizing a CALIPER pinch test.

- Concept:
"Pinch an Inch"



- Skinfold Tests can only be used with individuals with relatively low body fat and can still be unreliable to several percentage points.
- Based on standard calculations set for # of skinfold sites (Standard is 3) Can be upwards of (12-15) for more accuracy.

CIRCUMFERENCE TESTS

- waist to hip ratio, measurement in inches

(Waist=belly button or an inch above)
(Hip=the widest portion of buttocks)

Mr. Lewis=33/38=(.87)

Waist to Hip Ratio Chart

Male	Female	Health Risk
0.95≥	0.80≥	Low Risk
.96-1	.81-.85	Moderate Risk
1.0+	.85+	High Risk

What is BMI?

- BODY MASS INDEX: the ratio of weight and height, defined as (BMI=Wgt/Hgt²) where weight is measured in kg and height in meters

Conversions:

1in=2.54cm 100cm=1m

2.2lbs=1kg

Students Manually figured out their individual BMI figures and were then asked to use their phones to check the ⁴ URL attached to the next slide.



BMI CHART

- 18.5 > underweight
- 18.5-24.9 normal
- 25.0-29.9 overweight
- 30.0-39.9 obese
- 40.0 clinically obese

Mr. Lewis = $(78.18\text{kg} / 1.72\text{m}^2)$
 $(78.18 / 2.96)$
 $(26.41) = \text{overweight?}$

What is WRONG with this principle?
<http://www.myfitnesspal.com/tools/bmr-calculator>

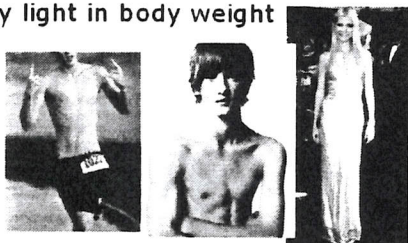
They also then checked the above URL to find the difference between BMI vs BMR

BODY TYPE CLASSIFICATIONS

- ECTOMORPH
- MESOMORPH
- ENDOMORPH
- ENDOMESOMORPH

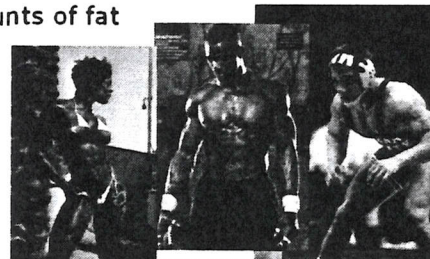
ECTOMORPH

- a linear appearance, relatively low amounts of both muscle and fat, typically light in body weight



MESOMORPH

- a rectangular appearance, relatively high amounts of muscle and low amounts of fat



ENDOMORPH

- a rounded appearance, relatively low amounts of muscle and high amounts of fat



ENDOMESOMORPH

- a rounded rectangular appearance, relatively high amounts of both fat and muscle

